THEN and NOW!

By Frances H. Paulette

Conclusion - "Mama Rach"

"MAMA RACH" NOW

Rachel Ferguson Lawson was, is, and always will be a 'goer'.....the older she gets, the more she goes!

In 1967 when she was the editor of the Patricia Ann Leader, the newspaper for the Appomattox Garment Company, Rachel made her first trip outside of the United States. She enjoyed a six-week tour of the Soviet Union, Poland and Czechoslovakia. She has written abook, "Forty Days Behind The Iron Curtain With Mary Jane" which tells of her experiences.

"Mama Rach" has visited 18 foreign countries and plans to spend Easter of this year in Hawaii.

A visit to the home of Rachel Lawson is an experience you will long remember. It is filled with antiques, unusual souvenirs of the countries that she has visited and costume jewlery.....more than you can imagine. In fact, she has three dresser drawers filled with jewelry; I might add that the top of the dresser is covered with jewelry too. I don't know how she ever decides which piece of jewelry to wear with which outfit.

A lovely bibb necklace was purchased on a trip to Paris. It was while she was visiting Rome that she bought one of the most unusual rings that I have ever seen. The top (stone) is hinged; it opens to reveal a pill box---quite a sizable one!

In one area of her home is a Kennedy corner; here the visitor will find pictures and objects reminiscent of the Kennedy period in history. Another section of her house is devoted to the Civil War Period.

One of the most interesting pieces of furniture that "Mama Rach" has in her home is a grandfather clock. The entire cabinet of the clock is made of wood collected from every Civil War Battlefield in the state of Virginia. It was a gift to her late father, State Senator S. L. Ferguson. The clock is not only beautiful but still runs when Rachel takes the time to lower the brass weights.

Two beautiful Leaded Tiffany Chandeliers hang in her home; one in the dining room and one in the living room. The chandeliers, at one time, hung in the Ferguson family home, Courtland.

When asked to name the country that she enjoyed the most she replied, "Russia, but I liked Scotland and Switzerland very much too. I loved them all."

Something that Rachel will never forget was being able to attend the Passion Play in Oberammeragu, Germany in 1970. She plans to see it again in the year 1980. It is only presented every ten years.

Rachel laughingly recalls her visit to the largest beer joint in the world. It is located in Munich. It was only curiosity that prompted the visit because she is a "teetotaler". She is a member of the Women's Christian Temperance Union.

"Mama Rach" has the honor of having been nominated as Mother of The Year For the State of Virginia. She has a certificate showing honorable mention.

Rachel is a member of the Memorial United Methodist CHurch, Past President of the Appomattox Woman's Club, past member of the Appomattox P. T. A., Member of the U. D. C., The Appomattox County Historical Society and we must not forget her favorite pasttime---bridge!

A story about "Mama Rach" wouldn't be complete without mentioning her "Breakfast Club". Each morning when she is home, Rachel prepares breakfast for some of her children and grandchildren, (as many as may happen by.) Not just a coffee and juice breakfast but a good stick-to-your-ribs breakfast!

Quite often when friends or business associates of her breakfast "guests" need to see them in the early morning, they know just where they can be found----at "Mama Rach's", having breakfast.

So, what do you find when you go to meet "Mama Rach"? You find a well-rounded woman, who, despite her busy schedule, her frequent trips, and business interests, still has time to be a friend. Do you know her? You really should, you know! She is not "getting older, she is getting better!"

RUBBER STAMPS & STAMP PADS - Excellent Service Phone 352-8215 - TIMES-VIRGINIAN 2-9-tf

UNDERSTANDING MENTAL HEALTH

a health column from the

Alcohol, Drug Abuse, and Mental Health Administration

U.S. Department of Health, Education, and Welfare

What Is Good Day Care?

A child is often as limited by his environment as by his inherited potential, according to a growing body of research data.

Indeed, the environment can be "an agent of irreversible damage" or "it may enhance and enrich a child's potential development," in the view of Dr. Stanley Greenspan, Chief of the National Institute of Mental Health's community research arm, the Mental Health Study Center at Adelphi, Maryland. Therefore, he says, "If day care centers or other early child care settings are going to be used, they must be thoughtfully and skillfully organized to help in the emotional development of children."

The study of children in the earliest years of life has been characterized as a new frontier in mental health. What has been well documented is the potentially damaging effects of early separation from parents, changes in early mothering figures, and the lack of consistent and early stimulation. Some feel that the mother-child relationship, basic to optimal growth, can take place only at home with a sensitive, loving mother. But many families feel this is not possible and seek alternatives.

"I suggest that the quality of care that is to be provided, when day care is needed, is most relevant," Dr. Greenspan declares. "If separation must take place—perhaps through the death of the mother, perhaps because a home is broken or chaotic—then we must do all that we can to set up growth-facilitating day care or other early child care environments."

Speaking of the rush to organize and provide child care services, Dr. Greenspan gives a word of caution. "Well-organized settings, well-trained staff and adequate services are only a few of the needed ingredients for a good day care program," he states, and the child psychiatrist, consultant or others setting up such services have "an obligation to be sure that the services offered match the needs of the child and his family."

Kimball & Yamaha Pianos & Organs

Be sure to check our prices before you buy! Our pianos are served by Fred or William Lynn with a total of 50 years experience.

10 YEAR GUARANTEE
FREE DELIVERY

Serving Southside Virginia for Over 28 Years

DOWDY FURNITURE CO., INC.
Second St. 392-3440 Farmville, Va.

RED CROSS MONTH

Support Your Local Chapter of The American Red Cross

THIS AD SPONSORED BY THE FOLLOWING MERCHANTS

Grumbacher
Art Supplies
Office Supplies
Wedding Invitations and Accessories
The Times-Virginian
Front Entrance

Something Different! Something New!
La Casa Grande
Gifts, Novelties, C.B.'s and Accessories
Hwy. 460 Appomattox, Va.

Try Our Delicious Chicken
When better chicken is hatched, Luv 'N Oven Will Cook It!
For a complete meal or a snack try the Luv 'N Oven
Rt. 460 Appomattox, Va Phone 352-5691

GRADUATES!
When you need GRADUATION STATIONERY see us!
Times-Virginian
Court St. - Appomattox, Va.
Phone 352-8215

WHITE AUTO STORE
Tires, automative needs, household items, appliances, largest selection of toys in this area.
Phone: 352-8878
Triangle Plaza Shopping Center
Appomattox, Va.

J. E. Jamerson & Sons
BUILDING MATERIALS
Paint - Blocks - Woodwork
Cement, Etc.
Dial 352-2671
Appomattox, Virginia

H. H. Moore, Jr. Trucking co.
GENERAL HEAVY HAULING
Specializing in Lime
State Insured
Hwy. 460 - Appomattox, Va.
Phone 352-7371

MAUDE'S RESTAURANT
A Famous Restaurant...
In A Famous Town...
We will be happy to arrange for DINNER PARTIES BANQUETS AND SPECIAL OCCASIONS EVENTS- CALL 352-7211 FOR RESERVATIONS.
"It's Better At Maudes"

Oscar Jamerson & Sons
PULPWOOD DEALER
Dial 352-5505
Appomattox, Virginia

LAWSON FORD, INC.
FORD SALES & SERVICE
Phone 352-8211
Appomattox, Virginia
Virginia Dealer License No. 2

Stop for a Treat That Can't Be Beat
TOP TREAT
HOME OF FINE FOODS!
Phone 352-7539
Route 3
Appomattox, Va.

IN APPOMATTOX, IT'S
KING'S SUPER MARKET
WHERE IT COSTS LESS TO SHOP
Triangle Plaza
Appomattox, Va.

FIDELITY AMERICAN BANK
YOUR AREA FULL SERVICE BANK
Appomattox, Virginia

GAINES JEWELERS
MAIN STREET - APPOMATTOX, VA.
WATCH REPAIR
JEWELRY REPAIR
"Pleasing You, Pleases Us"

POE HDWE. CO., INC.
HARDWARE & ELECTRICAL SUPPLIES
DIAL 352-5575
Church street
Appomattox, Virginia

Office and Art Supplies
Times Virginian
Court St. Appomattox, Va.

JOHN MOSBY Inn Resturant
Attractive Private Dining Room
Civil War Decor
Catering For Any Occasion
Wedding receptions, graduation parties, private home parties, picnics, banquets, company parties.
For Reservations Call 352-5990

MARSH MOTOR SALES
USED CARS AND TRUCKS
P. O. Box 368
PHONE 352-5502
Appomattox, Virginia

Jen's Party Shop
352-2121 - - 207 N. Church St.
Appomattox
Cake Decorating Supplies
Pans, boards, doilies, novelty items, cake tops
Party Supplies - napkins, cups, plates, gift items
Cake Decorating Classes

GARRISS Upholstery shop
*Furniture Upholstery
Modern & Antique
Wide Selection of Fabrics
*Sewing Machines - Sales and Service
Free Estimates - Call 352-7621
S. Church - Appomattox, Va.

PHELPS GARAGE
GENERAL AUTO SERVICE
USED CAR SALES
PHONE 352-7229
Appomattox, Virginia

The Easy Living Shop
FURNITURE TO MAKE YOUR LIVING EASY
Phone:352-5020
MAIN STREET APPOMATTOX, VA.

Jamerson Bros. Trucking Co., Inc.
Local and Long Distance Hauling

APPOMATTOX HDWE. CO., INC.
A COMPLETE LINE OF HARDWARES
APPLIANCES, PLUMBING, HOUSEWARE
Distributor of
AMOCO PRODUCTS
FUEL OIL & GASOLINE

WILBUN'S SUPER MARKET
YOUR HOMETOWN SUPERMARKET
Specializing in Armour Testender Beef and quality groceries at budget prices.
Appomattox, Virginia

MOSES MOTOR CO., INC.
CHEVROLET AND JEEP
Sales and Service That Satisfies
Dial 352-3773
Appomattox, Virginia

One Word Explains Why People Use Want Ads RESULTS!
FOR HELP IN PLACING YOUR CLASSIFIED AD.
CALL 352 - 8215
The Times-Virginian

FARMERS NATIONAL BANK
Member F.D.I.C.
MEMBER FEDERAL RESERVE
Dial 352-7171
Appomattox, Virginia

WHEN YOUR
OPTOMETRIST
PRESCRIBES GLASSES AND YOUR
REGISTERED OPTICIAN
AT
EHRICH'S
Fills Your Prescription, You Also Get The Guidance Of A
FASHION EYEWEAR CONSULTANT

No Wonder So Many Have Said-
See EHRICH'S
And See Better
See EHRICH'S
And Look Better

To Avail Yourself Of Our
COMPLETE SERVICE
EHRICH'S
1107 Main street
Lynchburg, Va. 24504

GRAGG'S INCOME TAX & BOOKKEEPING SERVICE
★ RELOCATED
*See Insert To 111 Lee-Grant Ave. Appomattox
Complete Income Tax And Bookkeeping Service For Individual, Farm, And Business Returns.
New Hours Effective January 9, 1977
Mon. - Fri. - 9:30 A.M. - 7:00 P.M.
Saturday 10:00 A.M. - 5:00 P.M.
Phone 352-5522
For Appointment

Lipford Participated In Naval Exercises

Marine Lance Corporal William R. Lipford, son of Mr. and Mrs. William G. Lipford of Route 2, Box 27E, Concord, Va., recently participated in the multi-nation naval exercises "Readex 1 - 78" in the Caribbean Sea.

He is serving as a member of Battalion Landing Team One Slant Two (BLT 1/2). home-based in Camp Lejeune, N. C.

Conducted at Vieques Island, Puerto Rico, and in the Carribean Sea, the week-long "Readex 1 - 78" involved Navy and Marine units from the Unite States, United Kingdom, Canada, Brazil, West Germany and the Netherlands. Readiness training included antisubmarine warfare, antiair defense, plus amphibious and task group operations. Following an amphibious landing on Virgues Island, U. S., Dutch and Brazalian units conducted exercises in patrolling techniques, land navigation and anti-mechanized live-fire.

Lipford joined the Marine Corp in February of 1976.

complete information on becoming a trooper is available from any State Police office or Department member.

NATIONAL WEIGHTS AND MEASURES WEEK

"Accurate Weight of Measure when purchased" is the theme of 1978 National Weights and Measures Week, which will be celebrated March 1-7. The theme is based in weights and measures officials' concern that the food packages consumers buy are labeled with the accurate net weight of the contents at time of purchase.

Accurate weight at point of purchase has become an issue of national interest since a 1977 Supreme Court decision decreed that federal regulations governing net weight labeling of meat and poultry products will always override the frequently more stringent regulations passed by individual states.

The 1977 case involved differences in the weight of bacon between the time it was packaged in a processing plant and the time it was sold to consumers in retail stores. Some weight loss, caused by evaporation of moisture, is normal during the distribution of many products.

Weights and Measures official in 48 states petitioned the United States Department of Agriculture and other federal agencies for amendments to the regulations governing quantity statements on packages. Since that time, the U.S.D.A. has proposed amendments in its regulations, to insure that all prepackaged meat is weighed accurately both at the plant and the point of sale.

Virginia Weights and Measures inspectors annually check lots representing nearly 24 million consumer food packages. The majority of these packages are checked at retail food stores. To preempt this direct consumer contact with federal regulations could prove counterproductive, for no federal agency has the manpower to insure so many individual, retail - level inspections, Virginia Weights and Measures official Marion Cain said.

Trooper Stanford Len Fourtz

BEGINS BASIC TRAINING WITH VA. STATE POLICE

RICHMOND - The 64th session of the State Police Basic Traning School, consisting of 43 trooper trainees, convened in Richmond, February 27th, according to Colonel D. M. Slane, the Department's Superintedent.

Stanford Len Foutz of Spout Spring was one of the trainees beginning basic training in Richmond.

Basic training, which lasts 20 weeks, includes 144 subjects calling for 1017 hours of instruction plus a three-hour study period each day. Courses range from one-hour lectures on such subjects as aircraft use and capabilities, entrapment, scuba program and fireworks law enforcement to such long courses as criminal investigation, pursuit driving and Motor Vehicle Code.

Full entrance salary of $10,512 is received at once and time begins to run for merit increases which can bring the top trooper salary to $15,000.

The class will graduate July 14, 1978, and the full-fledged troopers will report to their duty stations July 17.

Colonel Slane said that

Mrs. Mary Ellen Walker

NOW RESIDES IN PAMPLIN

Mrs. Mary Ellen Walker has now accepted her daughter, Mrs. Eleanor Jackson and her six children in her new home in Pamplin. She lost her home in Appomattox recently.

Central Virginia's Largest Selection of PIANOS..... ORGANS..... Band Instruments, guitars, Drums and Amps.....

Open: Monday - Thursday 9 - 9
Friday & Saturday 9 - 5
ROBERTS PIANO CO.
239-0369
8505 Timberlake Rd.

UNDERSTANDING DRUG ABUSE

a health column from the

Alcohol, Drug Abuse, and Mental Health Administration

U.S. Department of Health, Education, and Welfare

No Green Light for Marihuana Says Drug Institute Director

How to discourage drug abuse without branding marihuana users as criminals is a continuing concern of many Americans. Recently, when Dr. Robert DuPont, Director of the National Institute on Drug Abuse, discussed this perplexing issue, he made the following comments:

The lack of clear-cut evidence that marihuana use, especially at present typically moderate use levels, leads to serious health consequences has been widely interpreted as indicating that use is "safe" or without significant medical or social harm. We scientists and Government officials are seen as giving a "green light" to the accelerating trend of use—even use by groups in which the consequences are simply not adequately known.

Evidence that infrequent use in healthier segments of our population does not typically lead to dire consequences has been interpreted by some as indicating that very high levels of use, use by less healthy individuals, or use by younger adolescents or children is also without significant hazard. Yet, there is good reason to be concerned about use, even in more stable groups, by members who are psychologically troubled and for whom use may be especially attractive because of unique stresses. . . .

The issue of "decriminalization" is another area in which what seems eminently reasonable when we are discussing it around a conference table has profound surplus meaning from the standpoint of a larger society. On its most rational level, decriminalization means simply a much-needed reform that removes the marihuana user from prison or the threat of prison. . . .

But from the standpoint of many, decriminalization becomes a touchstone—a measure of the sincerity of our intent to continue to actively discourage marihuana use. . . .

An example with far broader emotional and behavioral implications than are immediately apparent goes something like this: Marihuana use is probably no worse for one's health than alcohol and tobacco use. . . .

Alcohol and tobacco are legal drugs which can be used by virtually all who choose to do so. Therefore, marihuana use too is okay and should be legal as well.

Thus, the unintended surplus meaning others attach to what we say about the scientific or social policy aspects of marihuana frequently leads to quite unintended interpretations of what we have said. In a very real sense, we have fallen into a trap we ourselves unwittingly devised by our well-intended efforts to be rational. . . .

In my judgment, our consistent policy objective should be to reduce the levels of use of all recreational drugs—from alcohol to PCP—and the whole alphabet soup of drugs in between Now the techniques for doing so will obviously have to vary. Reducing the use of legal drugs such as alcohol and tobacco will demand a different approach than is appropriate for an illegal drug such as marihuana, but the overall *goal* is simple and unitary: Reduce use.

Outdoors & Travel

by E. L. "Buck" Rogers

Today I'd like to discuss a few fishing theories which have been around as long as I can remember.

Take the Solunar Tables. How accurate are they? Lots of fishermen, I know, follow these tables religiously. But the big question is, how much attention does a bass pay to these neat prognostications of his behavior?

I suspect not very much.

These fishing guidelines are just too general to be of much value, and at best they could only be accurate for one area and for one or two species of fish. Use them if you wish, but I suggest that you also use common sense in the process.

Most of us have heard that a falling barometer will turn off feeding fish like a light bulb. But, over the years I haven't found this to be the case, and I now seriously doubt the validity of this theory. I compared my experiences with other anglers and found most of them agreed with me. But the most dramatic evidence obtained to refute this theory came from a Braniff airline pilot whose hobby was skin diving.

You see, barometric pressure is air pressure. Its fluctuation could effect you and me, our household pets, or any other creature that lives in our environment. But a fish's aquatic world is entirely different. The same rules don't apply, and the effects of barometric pressure is one of these.

"How about it, Charlie?" I asked my pilot friend. "How much effect does a few degrees of barometric air pressure have on a fish in 10 feet of water?"

He thought about the question for a moment and then replied, "None whatever. Since water is so much heavier than air, a few degrees difference in our pressure could have no effect on water pressure."

Now, that makes sense, doesn't it.

But, some of our fishing theories do hold up, and the rule about fishing early and late on clear days is one of these. Why? Because fish don't have eyelids like you and I do, and they can't swim down to a corner drugstore and pick up a pair of sunglasses. So, when the sun is bright and hot they sink into deep water or seek the cover of an undercut bank. Activity is confined to dawn and dusk and, in the case of a full moon, at night.

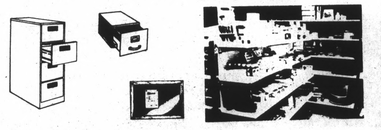
Fish also have an acute sense of hearing. They can hear a footfall on the bank, the clatter of an oar against the side of a boat. Talk, if you will, but any sound that sends vibrations into the water should be avoided.

The same situation applies to taste. Catfish can taste with their entire body and detect the presence of a crawfish under a rock ten yards away. Taste buds of a bass are not so well developed, but they can taste and smell your scent on a lure or such foreign flavors as gasoline and tobacco.

Summarizing, some of our manmade fishing theories may or may not be valid, but if you'll put yourself in a fish's position and think and feel like he does your odds of fishing success should increase.

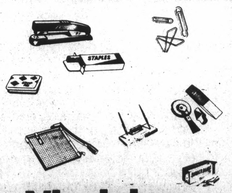
RED CROSS MONTH

IN APPOMATTOX--
Complete Line Of
OFFICE SUPPLIES



We list only a few

- INDEX FILES
- FILES
- TAPE DISPENSERS
- HOME FILES
- CARBON PAPER
- MONEY BOXES
- ONION SKIN PAPER
- PENCIL SHARPENERS
- GRAPH PAPER
- ADDRESS LABELS
- FILE FOLDERS
- FILE GUIDES
- MARKING TAGS
- BULLETIN BOARDS
- CHALK BOARDS
- CHALK
- PAPER PUNCHES
- POSTAL SCALES
- LEDGER SHEETS
- LEDGERS
- NOTEBOOK
- LEGAL PAPER
- PAPER CLIPS
- RUBBER BANDS
- SHEET PROTECTORS
- CLIP BOARDS
- STERO PADS
- LEGAL PADS (All sizes)
- MONITRONS
- TYPING PAPER
- CORRECTAPE
- EXPANDABLE HOME FILES



Times - Virginian
CALL 352-8215

1978 Railroad Festival - Voice Your Opinions

Dear Citizen:

Plans are now underway for the 1978 Railroad Festival. Since this event is presented for the community, public opinions, ideas and suggestions are very valuable.

The following questionaire is one means of communicating your feelings. Please send your completed questionaire to

"Historic Railroad Festival, Box 644, Appomattox, Virginia 24522."

Although your signature is not necessary, it would be helpful in following up on your suggestions. We would appreciate hearing your suggestions. Please fill in form below and return to us.

1. Overall, did you enjoy the 1977 Festival? .....

2. Which Activity was most enjoyable? .....

Why? .....

3. If Festival events took place away from the downtown area, would you visit the other areas? .....

4. Since the Festival seems to be growing away from the railroad theme, do you feel that the name is still appropriate?

.....

If no, please suggest a name. .....

5. Are there other activities you feel would be suitable to the Festival? .....

6. Prior to the Festival, were you made aware of various events through TV, newspaper, radio, posters and brochures?

.....

7. Other suggestions and comments - feel free to attach additional sheets.

Name: (if you choose to sign) .....

Mail to Historic Appomattox Railroad Festival, Box 644, Appomattox, VA 24522.

VIRGINIA FIBRE LISTS WOOD PURCHASES FOR WEEK

Listed below is the total dolalr volume of wood purchased by Virginia Fibre Corporation of Riverville for the week ending February 27, 1978. Purchases are listed by counties.

Albermarle	3,483.78
Amelia	611.93
Amherst	7,714.91
Appomattox	11,299.61
Augusta	
Bedford County	1,769.39
Buckingham	13,159.77
Prince William	614.64
Campbell	7,191.72
Charlotte	6,638.54
Cumberland	3,643.41
	1,761.63
Goochland	1,633.62
Halifax	1,174.69
Nelson	8,598.13
Louisa	304.41
New Kent	
Middlesex	323.27
Pittsylvania	2,022.24
Powhatan	2,108.10
Prince Edward	4,282.00
	78,365.79

We feel this information is of interest to readers in our county and in adjoining counties.

Concord P. T. A. To Meet March 14th.

On March 4, 1978 at 8 p.m. at the Concord Elementary School, Miss Jackie Haines will address the Concord Parent-Teacher Association on the topic, "The New 3 R's of Education."

Miss Haines is a consultant for the Gesell Institute of Child Development in New Haven, Conn.

Her talk will center on various skills necessary for reading sucess and the problems of the overplaced child.

Any interested persons are invited to attend.

File Cabinets, File Folders . . . You will find all your office needs at the Times-Virginian and Phone 352-8215. 2-9-tf

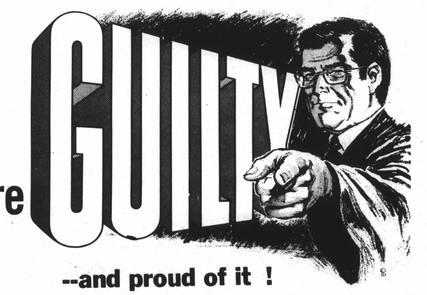
Complete Radiator Service
Lawson Ford, Inc.
Route 460
Appomattox, Virginia

GOOD VISION
Doesn't Cost . . . IT PAYS!
A.G. Jefferson
INCORPORATED
For complete eye care
Consult Your EYE PHYSICIAN
Then See Your GUILD OPTICIAN
ALLIED ARTS BUILDING
2010 TATE SPRINGS RD
LYNCHBURG, VA
GUILD OPTICIANS
Registered Opticians

Car Insurance
Paying too much for too little?
AUTO LIFE HEALTH HOME BUSINESS
Call on us for all your insurance.

Kenneth E. Franklin
Court Street
Appomattox, Va.
Home 993-2752
Office 352-8888
NATIONWIDE INSURANCE

we're GUILTY



--and proud of it !

Yes sir! we're guilty of offering our customers

No Cost Checking

We have been doing this since December 1967.

Why don't you come by and let us be

YOUR FRIENDLY BANK?

The Farmers National Bank

Appomattox, Va., Downtown and Triangle Plaza Shopping Center

MEMBER FEDERAL DEPOSIT INSURANCE CORPORATION